



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Grosch, Hartmut

Club: Erlebnis Bergwerk Merkers

Number: 479

Course: 9.75 km

10 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 48:05

Speed: 11.23 km/h

Running performance: 4:56 min/km

Rank in course/Total: 35 (of 149)

Rank in course/Men: 34 (of 105)

Best time in course: 32:58

Rank in category: 1(of 5)

Best time in the category: 48:05

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total ranking | | | | | | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Lap 1 | 3.25 | 15:54 | 4:53 | 1 | - | 45 | 5:39 | 3.25 | 15:54 | 4:53 | 1 | - | 36 | 5:39 |
| Lap 2 | 3.25 | 16:06 | 4:57 | 1 | - | 27 | 4:19 | 6.50 | 32:00 | 4:55 | 1 | - | 31 | 7:15 |
| Last lap Finish | 3.25 | 16:05 | 4:56 | 1 | - | 30 | 7:52 | 9.75 | 48:05 | 4:55 | 1 | - | 35 | 15:07 |